Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

CORONAVIRUS DISEASE 2019
(COVID-19)

CDC.gov/COVID-19

March 22, 2021

This message includes updates on the COVID-19 response from CDC. The COVID-19 Outbreak is a rapidly evolving situation and information will be updated as it becomes available.
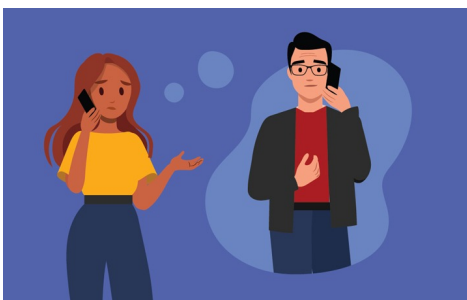

Protect Against COVID-19.

A safe and effective vaccine to protect against COVID-19 is now available. www.cdc.gov

Possible Side Effects After Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. Your arm may hurt where you got your shot or you may have redness or swelling. You may be tired or have a headache, muscle pain, chills, fever, or nausea. Side effects can affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.
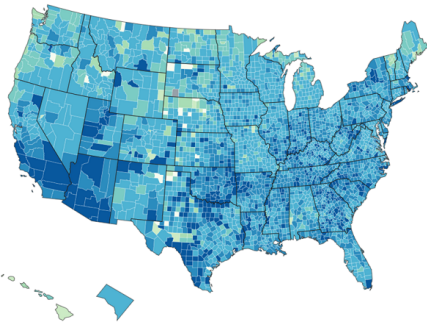
Possible Side Effects

How to Talk to Family and Friends about COVID-19 Vaccines

Talking with family and friends about the benefits of getting a COVID-19 vaccine can be hard. You can help by listening without judgement and identifying the root of their concerns. Things to remember to help open the discussion include:

- Listen to questions with empathy
- Ask open-ended questions to explore concerns
- Ask permission to share information
- Help them find their own reason to get vaccinated
- Help make their vaccination happen

Talk COVID-19 Vaccines

COVID Data Tracker Weekly Review

It's been over a year since the start of the COVID-19 pandemic and the United States has experienced more than 29 million cases and 530,000 deaths from COVID-19. However, vaccination, combined with proven prevention measures, will help protect the health of all Americans. Get a vaccine when it is available to you, wear a mask, stay 6 feet from others, and avoid crowds. To date, more than 1 in 5 (20%) Americans have received at least one dose of COVID-19 vaccine.
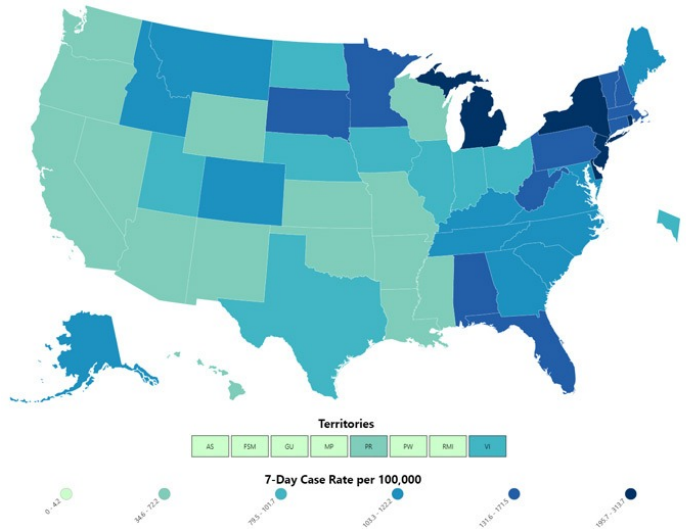
COVID Data Tracker

Coronavirus Disease 2019 (COVID-19) in the U.S.

March 22, 2021

US states, territories, and District of Columbia have reported 29,652,483 cases of COVID-19 in the United States.

CDC provides updated U.S. case information online daily.

In addition to cases, deaths, and laboratory testing, CDC's COVID Data Tracker now has a Vaccinations tab to track distribution of COVID-19 vaccines in your state.

Territories

| AS | FSM | GU | MP | PR | PW | RMI | VI |

7-Day Case Rate per 100,000

0 - 42   346 - 722   783 - 1017   1083 - 1223   1316 - 1715   1957 - 3537

U.S. Cases

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